

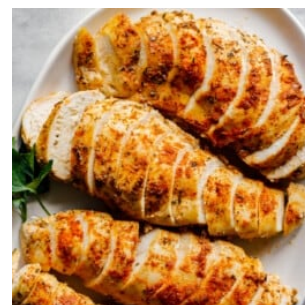
CROCKPOT CHICKEN BREAST RECIPE

★★★★★

COURSE: APPETIZER OR MAIN COURSE CUISINE: AMERICAN

PREP TIME: 10 MINUTES COOK TIME: 6 HOURS

TOTAL TIME: 6 HOURS 10 MINUTES SERVINGS: 4 PEOPLE

CALORIES: 324KCAL AUTHOR: [BECKY - THE COOKIE ROOKIE](#)

Learn how to use your crockpot to make chicken breasts for easy weeknight dinners. This Slow Cooker Chicken Breast Recipe is easy and perfect as a base for a meal or for meal prepping.

EQUIPMENT

- [Crockpot \(click for my favorite\)](#)

INGREDIENTS

- ½ cup [low-sodium chicken broth](#)
- 2 tablespoons [olive oil](#)
- 1 teaspoon kosher salt
- ½ teaspoon [onion powder](#)
- ½ teaspoon [dried thyme](#)
- ½ teaspoon [ground paprika](#)
- ¼ teaspoon ground black pepper
- ¼ teaspoon [garlic powder](#)
- 4 boneless, skinless chicken breasts

INSTRUCTIONS

1. Pour the chicken broth in the slow cooker.
½ cup low-sodium chicken broth
2. Combine the seasoning in a small dish.
1 teaspoon kosher salt, ½ teaspoon onion powder,
½ teaspoon dried thyme, ½ teaspoon ground paprika,
¼ teaspoon ground black pepper,
¼ teaspoon garlic powder
3. Rub the olive oil and seasoning over the chicken breasts.
2 tablespoons olive oil, 4 boneless, skinless chicken breasts
4. Place the chicken breasts in the slow cooker.
5. Cook on high for 3-4 hours or on low for 4-6 hours.

NOTES

- Change the herbs, spices, and seasonings as you please. Just rub them on and let the chicken cook!

Storage: Store leftover Crockpot chicken breasts in an airtight container, and keep in the refrigerator for 4-5 days. Freeze for 3 months, and defrost before reheating.

NUTRITION

Calories: 324kcal | Carbohydrates: 1g | Protein: 48g | Fat: 13g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 7g | Trans Fat: 1g | Cholesterol: 145mg | Sodium: 952mg | Potassium: 873mg | Fiber: 1g | Sugar: 1g | Vitamin A: 197IU | Vitamin C: 5mg | Calcium: 18mg | Iron: 1mg